TRADITIONAL RECREATION DIVISIONS

2025 - 2026
THE ONE FINALS
SCORING SYSTEM

Traditional Recreation Scoring Rubric

STUNT DIFFICULTY
Stunt skills will only receive full credit if they show control

2.5	Skills performed do not meet 3.0 requirement
3.0	4 different level appropriate skills performed by MOST of the team
3.5	2 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
4.0	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes

STUNT DRIVERS

Once a Stunt Difficulty score is determined, each stunt skill will be evaluated based on the following criteria: Degree of Difficulty & Max Participation. Each category has a maximum number of points, outlined in the charts below for a total of 1.0 points.

STUNT DEGREE OF DIFFICULTY (0 - 0.6)

	Level skill by MOST		Advanced/Elite skill by MOST
Skill 1	0.1	OR	0.2
Skill 2	0.1	OR	0.2
Skill 3	0.1	OR	0.2

STUNT MAX PARTICIPATION (0 - 0.4)
(Rippled or synchronized in the same section without recycling athletes)

Level Skill by MOST **OR** Advanced Skill by MAJORITY	0.4

BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS	
	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 30	4	5
31 – 36	5	6

PYRAMID DIFFICULTY

2.0 - 2.5	BELOW	Skills performed do not meet Low range requirement
2.5 - 3.0	LOW	2 different level appropriate skills and 2 structures
3.0 - 3.5	MID	3 different level appropriate skills and 2 structures performed by MOST of the team

PYRAMID DIFFICULTY DRIVERS

Degree of Difficulty:
- Maximizing the number of groups performing each level appropriate transition
- Utilizing level appropriate stunts into structures/within sequence
- Combination of skills (level and non-level appropriate)
- Pace & Connection of skills performed

ADDITIONAL INFORMATION

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

Structure - Two or more stunts connected to one another

BODY POSITIONS
- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion

JUMP DIFFICULTY

Jumps must use a whip approach to be considered connected.
Whip Approach – Continuous arm movement through swing, connecting 2 or more jumps.

0.5	Skills performed do not meet 1.0 requirement
1.0	MAJORITY of the team performs 1 advanced jump
1.5	MOST of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
2.0	MOST of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety. For teams with less than 6 athletes: All athletes must perform 2 advanced jumps, must be synchronized but DO NOT need to be connected or include variety.

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 11	5	6
12 - 15	6	7
16 - 19	8	10
20 - 23	10	13
24 - 30	12	15

JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (I.e. left/right hurdler)
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e., jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine

STANDING TUMBLING DIFFICULTY

1.5	Skills performed do not meet 2.0 requirement
2.0	MAJORITY of the team performs a level appropriate pass
2.5	MOST of the team performs a level appropriate pass

RUNNING TUMBLING DIFFICULTY

1.5	Skills performed do not meet 2.0 requirement
2.0	MAJORITY of the team performs a level appropriate pass
2.5	MOST of the team performs a level appropriate pass

STANDING TUMBLING DRIVERS

Once a Standing Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's Degree of Difficulty. Each category has a maximum number of points, outlined in the charts below for a total of .5 points

STANDING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)

	Level skill by MOST		Advanced/Elite skill by MAJORITY
Skill/Pass	0.3	OR	0.5

RUNNING TUMBLING DRIVERS

Once a Running Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's Degree of Difficulty. This category has a maximum number of points, outlined in the charts below for a total of .5 points.

RUNNING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)

	Level skill by MOST		Advanced/Elite skill by MAJORITY
Skill/Pass	0.3	OR	0.5

ADDITIONAL INFORMATION

- Standing/Running Tumbling Difficulty and the Degree of Difficulty driver can be achieved by a cumulative approach.
- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).
- Jumps within a pass will not break up the pass (i.e. Toe Touch-BHS-Toe Touch-BHS is 1 pass in L3).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.
- L2 - No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit (i.e. RO - Backward Roll).
- L3 - No skills out of a BHS step out 1/2 turn that are ILLEGAL in L2 will count for level appropriate credit.

2025 - 2026 THE ONE FINALS SCORING SYSTEM – TRADITIONAL REC

FORMATIONS & TRANSITIONS

1.0 - 2.0	A team's ability to demonstrate precise spacing and uniform movement. The Formations & Transitions score will start at 2.0 and will be reduced .1 for EACH formation and transition that lacks precision.

ROUTINE CREATIVITY

1.5 - 2.0	Routine Creativity is the average of 3 opinions supplied by the Building, Tumbling, and Overall Judge and is based on the team's incorporation of innovative, visual, and intricate ideas throughout the routine. Each judge is looking specifically at the skill sections that pertain to their respective categories and how they are composed, as defined below. **Overall Judge:** Innovative, visual, and intricate ideas as well as any additional skills performed that enhance the overall appeal and flow of the routine. Overall judges scores encapsulate the entire routine from start to finish. **Building Judge:** Incorporation of creative, innovative, and visual elements in the Entries, Transitions, and Dismounts of all Building skills. This includes both level and non-level appropriate skills. Pace/connection of skills will be considered. **Tumbling Judge:** Incorporation of clear visual tumbling patterns that enhance the skills performed.

DANCE

Dance will be evaluated as a team's ability to demonstrate a variety of difficulty elements with strong execution, based on the elements below.

0.5 - 1.0	**Difficulty Elements**	• Visual elements • Variety of levels • Formation changes • Footwork	• Floorwork • Partner work • Pace
0.5 - 1.0	**Execution**	• Technique • Perfection • Motion Strength/Placement	• Synchronization • Energy/Entertainment Value

SHOWMANSHIP

1.0 - 2.0	Showmanship is an average of 3 scores provided by the Building, Tumbling, and Overall Judges based on the panel's impression of the entire performance encompassing all category areas focusing on the team's energy, genuine enthusiasm, confidence, eye contact, and facial expression. This category is not skill based but will take into consideration appropriate athletic impression throughout the routine.

2025 - 2026 THE ONE FINALS SCORING SYSTEM - EXECUTION

EXECUTION - STUNT/PYRAMID & STANDING/RUNNING TUMBLING

4.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. • Scores will start at a 4.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • .1 - Minor technique issues by the team • .2 – Multiple technique issues by the team • .3 – Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.

EXECUTION - TOSS & JUMPS

2.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. • Scores will start at a 2.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • .1 - Minor technique issues by the team • .2 – Multiple technique issues by the team • .3 – Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score

STUNT/PYRAMID DRIVERS
Each driver may include, but is not limited to, the below examples:

Top Person	• Body control • Uniform flexibility • Legs straight/locked and toes pointed
Bases/Spotters	• Stability of the stunt • Solid stance • Feet stationary
Transitions	• Entries • Dismounts • Control from skill to skill
Synchronization*	• Timing *Teams that do not perform at least 1 level appropriate skill transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

TOSS DRIVERS
Each driver may include, but is not limited to, the below examples:

Teams that only perform 1 toss will automatically receive .3 off for any driver that constitutes a reduction, regardless of the severity of the issue.

Straight ride tosses will ONLY affect a team's execution score in level 2.

Top Person	• Body control • Consistent execution of skill/trick	• Legs straight/toes pointed • Arm placement
Bases/Spotters	• Using arms/legs to throw together (Timing) • Solid stance	• Controlled • Cradle
Height	• Distance between top persons' feet and hands of the bases (The value deducted will not exceed 0.1)	

STANDING/RUNNING TUMBLING DRIVERS
Each driver may include, but is not limited to, the below examples:

Approach	• Arm placement into a pass/skill • Swing/prep • Chest placement	
Body Control	• Head placement • Arm/shoulder placement in skills • Hips	• Leg placement in skills • Control from skill to skill in a pass • Pointed toes
Landings	• Controlled • Chest placement	• Finished pass/skill • Incomplete twisting skills
Synchronization*	• Timing *Teams that do not perform at least 1 level appropriate pass synchronized in a group (two or more athletes) will automatically receive .3 off for Synchronization.	

JUMP DRIVERS
Each driver may include, but is not limited to, the below examples:

Arm Placement	• Approach • Consistent entry	• Swing/prep • Arm position within jump(s)
Leg Placement	• Straight legs • Pointed toes • Hip placement/rotation/ Hyperextension • Height • Legs/feet together • Chest placement • Landings	
Synchronization	• Timing (The value deducted will not exceed 0.1)	